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HEADLINES

VOLUME 1, ISSUE 6

FROM THE CO

Dear Friends and Family,

The Battalion successfully completed exercise Lava Viper 11.1 at the start of the month, and we have already starting planning for the next Lava Viper in July.

Thanks to all that provided the outstanding logistics support to the other elements of the Marine Air Ground Task Force on the Big Island. Your hard work maintained the high standard of excellence that all have come to expect from CLB-3.

The other big event for the Battalion this month is the Swamp Romp on 26 Feb. Registration closes in a few days (18 Feb), but there are still spots available if you are interested in registering a team. Additional information can be found at: <http://www.mccshawaii.com/cgfit.shtml>

In Afghanistan, the Marines and Sailors have moved past the half-way point of the deployment, and the pace of operations con-

tinues to increase. But the pace keeps everyone focused on their job and helps the time pass quickly. During February, we will also say farewell to our sister battalion, CLB-2, who will be returning to Camp Lejeune, and welcome CLB-8, also from Camp Lejeune. We are now officially the next CLB to redeploy!

Whether your Marine/Sailor is back in Oahu or here in Afghanistan, know that you are an important part of the Battalion, and I value your ideas about how we can do things better. I encourage you to participate in the Battalion's family readiness program, and if your schedule permits, to volunteer some of your time to one of the numerous events we have to support our Marines, Sailors, and their families.

Semper Fidelis,
LtCol Hank Lutz





FORCE GENERATION ELEMENT (FGE) OIC

To Family and Friends of CLB-3 FGE:

Your Marines and Sailors have recently returned from doing another outstanding job on the Big Island of Hawaii, supporting 3rd Marine Regiment during Exercise Lava Viper. During the month of January, CLB-3 continued to receive compliments and praise on the excellent job every member put forth, from providing transportation support to

repairing equipment. Each has returned to Oahu and hopefully every family will enjoy a pleasant and romantic Valentine's Day. This past month, the Family Readiness office and spouses put together a delicious and inviting potluck, with a sizeable turn-out and plenty of delectable entrées. As we look toward the future, your family-member will likely be deeply involved in the planning of the 17th Annual Swamp Romp

on 26 Feb, and you are encouraged to put together a team to enjoy the "Dirtiest Race in Hawaii". Please take care and remember that the love and support you give your service-member provides strength and encouragement every day and ensures that CLB-3 is ready for any challenge.

Sincerely Yours,
Captain Rebecca M. Turpin

FORCE GENERATION ELEMENT (FGE) SNCOIC

Dear Family and Friends,

Your Marines and Sailors have safely returned home after successfully supporting exercise Lava Viper. Congratulate them on a job well done. Your continued support is as vital to the mission as the individual Marine. Thank you again for all you do.

As you have heard the "17th Annual Swamp Romp" is closely approaching. I encourage you to get a team together and participate. It is an exciting experience and one you will never forget. If you decide not to participate, I recommend you get out there to motivate and cheer on the partici-

pants. I look forward to seeing you out there.

Semper Fi,

MSgt Jonathan Scot

REQUEST FROM THE CHAPLAIN (FWD)

I Have a request; can you send out a request to our family and friends of our deployed Marines and Sailors to, if they so desire, send me 1 or 2 of their favorite photos of them and their Marine/Sailor? I want to start working on our "Coming Home Video", and I would love to have pictures of the Marines/Sailors with their families: all G-Rated!!!! Whoever would like to

send a couple of pictures can send them to my NIPR account listed in my signature line. please only 2 pics per family/email. I don't want anything crashing on my end. Should ask that this be done ASAP so I can get it done and mailed to each of you to receive before we actually get home.

Very Respectfully,

Karen J. Rector, LT, CHC,
USN
Battalion Chaplain
Combat Logistics Battalion
3 (fwd)
Unit 44130
FPO, AP 96607-4130

NIPR:
karen.rector@afg.usmc.mil
<<mailto:karen.rector@afg.usmc.mil>>

Military OneSource

Whether its help with child care, personal finances, emotional support during deployments, relocation information, or resources needed for special circumstances, Military OneSource is there for you... 24/7/365! Online or by phone, Military OneSource is fast, confidential, and easy to use, and there is no cost to the service-member!



*Follow the battalion's deployment on Facebook!!
Come visit us at Combat Logistics Battalion 3!!*



FRO Office: (808) 257-2514
(C) (808) 347-5710

Dep FRO: (808) 257-2023
(C) (808) 366-9644

IMPORTANT PHONE NUMBERS

CLB-3 Officer of the Day:	(808) 257-1600
Red Cross:	(808) 257-8848
Child Protective Services:	(808) 832-5300
Domestic Violence Hotline:	(808) 531-3771
Federal Fire Department:	(808) 471-7117
PMO KBay:	(808) 257-9111
Branch medical clinic:	(808) 257-3365
Housing Office KBay:	(808) 257-1257
Bus Schedules:	(808) 848-5555

READINESS AND DEPLOYMENT SUPPORT

Kids-N-Deployment
Kids-N-Deployment provides a structured setting to help children positively and successfully cope during deployment. Puppets Sam, Chris and Mr. Worry help children work through their concerns about deployment. Two concurrent sessions of the workshop will be offered: Workshop for Kids and Parents Helping Kids.

Kids "In the Midst" Workshop
Kids In the Midst Workshop is an interactive workshop consisting of four venues. These four venues are

designed to give children F.E.E.T. Fun, Education, and Exciting Tools that help kind ages 4 - 18 years old with military life. Help Your Kids get on their F.E.E.T.

Kids-N-Reunion
This workshop helps prepare kids for the return of the deployed military member. Puppets Sam, Chris and Mr. Worry return to ease children's fear about homecoming. Concurrent workshops will be offered for kids and for parents. Learn ways to make homecoming fun for the entire family. For more information on these

upcoming workshops, please contact Readiness and Deployment Support Trainers:

Readiness and Deployment Support Trainers:
808-257-2658 or 808-257-2650

**FROM THE FAMILY READINESS OFFICER**

Aloha Family,

This deployment is rapidly coming to an end. For me, time went by quickly, but I don't have a love one that I'm separated from. I hope you are thinking and planning for your warriors return. Your Family Readiness Team, to include the many volunteers will be working hard to make this return magical.

During this deployment we had several events to keep you connected to the command. Hopefully we will have one or two more prior to the command return. The last event was the Mid-Deployment Pot-Luck dinner and it went over very well. I would like to thank all of those who made it happen and those who attended. Events like these create new relationships with families you might not see on a regular basis. Please let us know some of the possible events you would like to see sponsored.

I have been receiving large number of calls inquiring about return/flight dates. To date I do not have a return date or window to be provided. Let me assure you that once I receive these dates from the Commanding Officer, I in turn will pass them to you! It is very important that you hold off on planning any trips until you hear from the Commander. I would hate for you to make plans only to have to cancel or make major changes that might cost you extra money. Notification will be made via email and not over Facebook. Likewise, we would ask that once you do receive the return information that you don't post in on any social networking sites. Remember, we want our warriors travel plans to be known only to those who have the need to know.

Keep your eyes open for future events that will be published on our Facebook page and in our many publications. As always, I invite you to participate in this great program. If you are interested please stop by the Family Readiness Center, Bldg 1074 or call me at 257-2514.

Warmest Regards

Jerome Morris

CHAPLAIN'S CORNER

The Lord of the Rainbow

Living in Hawaii is amazing. Every morning I wake up and walk outside to beautiful weather and warm temperatures. My office overlooks the mountains and on numerous days a spectacular rainbow dawns the sky, drawing my gaze, inspiring my wonder. The rainbow is God's promise to earth, a covenant between God and man that he will never again destroy the earth by flood waters.

God's promises and covenant does not stop in Genesis. Throughout his Word, he makes promises: "I will never leave you nor forsake you; ask and you will receive, seek and you will find, knock and the door will be open; if we are faithless, he will remain

faithful, for he cannot disown himself." And the list goes on.

We are blessed to have a Savior who enters into a covenant with his people and gives us his Word that we can stand upon when times are hard and the way dim. How encouraging it is to look out my office window and see His Covenant colorfully painting the sky, reminding me that he is just a short glance away.

I don't know what trials may spring upon you this month or what difficulties you may face, but one thing I know for sure, there is hope at the end of the rainbow: There is a pot of Gold waiting for us who call upon his name.

Open the curtains, walk outside; after all, we do live in the Rainbow State. So, next time you see His Covenant, displayed across the sky, take a moment and remember a

promise from his Word—The Lord of the Rainbow will not disappoint.



Office: (808) 257-1565

"I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth,"
Genesis 9:13.

CREDO

*Enhancing Readiness · Transforming Lives
Optimizing Leadership Potential*

CREDO is the Chaplain's Religious Enrichment Development Operation, a service of the United States Navy Chaplain Corps. This retreat ministry is funded by the Chief of Naval Operations and sponsored by the Navy Chief of Chaplains.

CREDO offers Personal Growth Retreats and Marital Enrichment Retreats. With the most beautiful oceanfront locations on Oahu,

CREDO offers participants a place to relax and get away from the stresses of everyday life.

CREDO weekends are available to all active duty, military spouses, Reservists, Retirees, and DoD civilian employees, and their dependents.

To register for a retreat, please call 808-257-1919 during regular office hours.

Kaneohe Bay
Phone: 808-257-1919
Monday-Friday, 0800-1630





Staci Holt

L.I.N.K.S. Trainer

**257-2368 or
staci.holt@usmc.mil**

***Wear RED on
Fridays!! Show your
support!!!***



L.I.N.K.S.

Beyond the Brief "Stress Busters"

MCFTB hosts a series of classes for spouse and family members of deployed Marines and Sailors. LifeSkills sessions are targeted specifically to help Marines and their families successfully meet the challenges of everyday life, the mobile military lifestyle, and heightened operational/deployment tempo by targeting three main areas of Marine families: Family Life, Individual Enhancement, and Leadership Development. Contact Jocelyn Pratt, LifeSkills Trainer at 808.257.2653 or Jocelyn.pratt@usmc.mil to register for any or all of these Upcoming LifeSkills classes.

Calling all spouses! On 18 January, MCFTB is hosting a Space A Travel class as one of the Beyond the Brief Series. For more info or to sign up, contact Jayme at 257-2650.



PROMOTIONS AND AWARDS

To LCPL

Diego, S. J.
Engler, M. T.
Escoto, E. C.
Lamarine, K. N.

To CPL

Melendez-Melendez, C.
A.

To Sgt

Reed, T. B.
Wilson, A. T.

To MSgt

Stevens Jr., L. E.

FROM THE CHAIRMAN OF THE JOINT CHIEFS

Mullen: Workplace Flexibility Focuses on Families, Children

By Cheryl Pellerin
American Forces Press Service

WASHINGTON, Feb. 1, 2011 – Military families, and especially children in those families who have grown up against the backdrop of 10 years of war, are the focus of the military's effort to make workplace flexibility an increased priority, the chairman of the Joint Chiefs of Staff said here today.

Navy Adm. Mike Mullen spoke during a news conference announcing a new partnership on workplace flexibility between the Society for Human Resource Management and the Families and Work Institute.

"People are our absolutely most important resource, and we've said that [during] the totality of my career," Mullen said. "All of us who have led, whether in peace or in war, we know that. But what's happened over the course of the last 10 years is that we have moved to a much broader and deeper understanding of what that means."

The focus on flexibility began in March, when President Barack Obama spoke at a White House forum about modernizing the federal workplace to meet the needs of today's employees and their families.

For military leaders, Mullen said, a decade of war has put a new focus on families.

"I'm in the best military that has ever existed and in great part because of our families, but we have got to continue to change," he said, noting that the services have put a great deal of effort into spouses' needs and those of the 70 to 80 percent of military households in which both parents work.

Such dual career-path households are "a requirement as seen by families these days," the chairman said.

"But what is emerging is a requirement, from my perspective, [is the need] to understand much more the needs of children" in those families, he added.

Because of the time service members have spent away from home, the chairman said, many children have spent years without their fathers or mothers.

"We've got 15-year-old kids who, from the beginning of the time they started to understand what their parents did," have lived in the shadow of war, Mullen said. "We've got 18- and 19-year olds who were 10 when the war started, and they went off to college this year or last year and don't know their parents that well because Mom or Dad -- mostly Dad -- has been away for at least 50 percent ... of their teenage years."

The services must hold on to such families, Mullen said. To do so, he added, "We're going to have to reach into different places than we've reached in the past."

The services must listen to those who have been at home and consider how to create the kind of flexibility and excellence that have made today's military superb, the chairman said.

"This is an imperative for us," he added. "This is a strategic imperative for our country."

Government Unites to Improve Child, Youth Programs

By Elaine Wilson
American Forces Press Service

WASHINGTON, Feb. 2, 2011 – The government’s new military family support effort will have a resounding impact on resources and programs for military children and youth in the months and years ahead, a Defense Department official said.

“It is earth-shattering,” Barbara Thompson, director of the Pentagon’s office of family policy and children and youth, said of the new initiative. “Never before have we had the full force of the federal government behind taking care of families.”

Last week, President Barack Obama unveiled a new, whole-of-government approach to military family support, with agencies uniting to create new resources and support programs for military families worldwide. The government has made 50 commitments to improving families’ quality of life, which are outlined in a White House report, “Strengthening Our Military Families: Meeting America’s Commitment.”

Although the nation’s top leaders rolled out the report, the government relied heavily on family members’ input to identify challenges and develop possible solutions, Thompson noted. Officials talked to leaders and service members, spouses and caregivers in a number of venues, including a national leadership summit, family readiness conference, listening sessions and a number of surveys. The White House also brought in spouses to discuss their top issues.

As a result of feedback, about half of the report is devoted to the well-being of military children and youth, with one section devoted to increasing child care availability and quality, and another dedicated to ensuring excellence in military children’s education and development. The report outlines specific programs and initiatives agencies plan to work on together to better meet families’ needs.

“We recognize we need partners, not just from the federal government, but nonprofits,” Thompson said. “We’ve learned over these years of war how important those partnerships are, to really leverage the programming and the expertise and to augment what we’re doing in the DOD.”

The Defense Department has a “wonderful social-support system” already in place, but will now have the avenues to expand and grow its efforts to the benefit of military children, Thompson said. “We weren’t sure what doors to knock on before,” she said. “But now we have carte blanche to experts in the field and how to connect to those state resources.”

Thompson highlighted several joint efforts under way that already are having a positive impact on child care and children’s well-being.

She cited a new liaison program as one example. DOD officials are working with the National Association of Childcare Resource and Referral Agencies to create new child care liaison positions in 13 states, she said. The states were chosen based on military population, deployment impact, the strength of the state’s quality rating improvement system and level of support from joint family support assistance teams.

The liaisons will partner with the defense state liaison office to improve the level of licensing standards throughout the state and to find providers willing to participate in quality improvements through technical assistance and training, Thompson explained. They’ll also sit on the state’s Early Childhood Council, she added.

The goal is to create more community-based child care spaces as well as to improve the child care quality for military parents who don’t have access to or aren’t located near a military installation, Thompson explained. As an added bonus, by improving the care for military children, the other children in the program benefit as well.

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(cont.)

“We’re very excited about this,” she said. “It’s a wonderful opportunity to really make a difference, not just for military children, but for all children.”

DOD officials also will look to other agencies, including the Health and Human Services Department and the Administration for Children and Families, to tap into state resources, and to the land-grant university and cooperative extension systems for technical assistance in training child care providers.

Officials also are working to increase the availability of on-base child care with new and expanded facilities, Thompson said. Construction projects in 2009 and 2010 yielded nearly 8,000 child care spaces. And an estimated five projects are in the works for 2012, she said.

Along with availability, the Defense Department is focused on flexibility of care, she said. To that end, the Navy and Army have created child development facilities that offer round-the-clock care for service members who may need support for night or early shifts. And for those in need of drop-in or respite care, DOD subsidizes 16 hours of care per child per month for families with a deployed loved one.

Additionally, some YMCAs offer respite care, Thompson said, adding there’s a full list of participating centers available on the Military OneSource website.

Thompson also highlighted DOD’s longstanding partnership with the Agriculture Department’s 4-H group, which is projected to expand in the coming months, according to the White House report. The 4-H is the youth development program of the nation’s cooperative extension system.

Each service, Thompson explained, has agreements with 4-H to provide activities and programming to youth centers.

“What we’re trying to do is to harness the capacity of the cooperative extension and the land-grant university system to really have some initiatives that will ... highlight what is effective and tap into those resources that are in every county,” she said, citing nutrition, financial readiness and gardening as just a few of the available programs.

“The land-grant university system has a myriad of support mechanisms that support the citizens of their state,” Thompson said. “We really want to tap into what they can provide at the local level for military members and their families.”

Thompson said she’s also excited about a joint DOD and land-grant university initiative to map where all military children live. Officials can use that information to focus initiatives and programs, she said, particularly for children of the Guard and Reserve. “We want to make sure we can find them and tap into their needs,” she said.

Many of these projects will bear fruit in the long term. For now, Thompson said, DOD is focused on developing a communications plan, with a heavy emphasis on social media, to get the word out about new programs and resources as they roll out. And as time passes, she added, agencies will be held accountable for their progress. All are required to report back to the White House periodically.

Although the effort is in its early stages, Thompson said, she’s already encouraged by the light that’s been cast on military families.

“It’s gratifying to see the commitment and the concern and the recognition of the sacrifices that military families make from people who are not affiliated with the DOD,” she said. “Everybody really stepped up to the plate to say, ‘This is important for me as an American. This is important for me in my leadership role in my federal agency. This is the right thing to do.’”

OPSEC AND SOCIAL NETWORKING SITES

SOCIAL NETWORKING SITES (SNS), like Facebook® and Twitter®, are software applications that connect people and information in spontaneous, interactive ways. While SNS can be useful and fun, they can provide adversaries, such as terrorists, spies and criminals, with critical information needed to harm you or disrupt your mission. Practicing Operations Security (OPSEC) will help you to recognize your critical information and protect it from an adversary. Here are a few safety tips to get you started.

SAFETY CHECKLIST

Personal Information

Do you:

- Keep sensitive, work-related information OFF your profile?
- Keep your plans, schedules and location data to yourself?
- Protect the names and information of coworkers, friends, and family members?
- Tell friends to be careful when posting photos and information about you and your family?

Posted Data

Before posting, did you:

- Check all photos for indicators in the background or reflective surfaces?
- Check filenames and file tags for sensitive data (your name, organization or other details)?

Passwords

Are they:

- Unique from your other online passwords?
- Sufficiently hard to guess?
- Adequately protected (not shared or given away)?

Settings and Privacy

Did you:

- Carefully look for and set all your privacy and security options?
- Determine both your profile and search visibility?
- Sort “friends” into groups and networks, and set access permissions accordingly?
- Verify through other channels that a “friend” request was actually from your friend?
- Add “untrusted” people to the group with the lowest permissions and accesses?

Security

Remember to:


- Keep your anti-virus software updated.
- Beware of links, downloads, and attachments just as you would in e-mails.
- Beware of “apps” or plugins, which are often written by unknown third parties who might use them to access your data and friends.
- Look for HTTPS and the lock icon that indicate active transmission security before logging in or entering sensitive data (especially when using wi-fi hotspots).

THINK BEFORE YOU POST! Remember, your information could become public at any time due to hacking, configuration errors, social engineering or the business practice of selling or sharing user data. For more information, visit the Interagency OPSEC Support Staff’s website.

Think. Protect. OPSEC.
www.ioss.gov



WWW.DSTRESSLINE.COM




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Can hit the center mass of a target 500 meters away.

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Your family is WAY too important to ignore this!! Please take a few minutes to review the resources offered for FREE on this site.